

Central Aquatic Center

Located at 520 Fairground Street next to the Cobb Civic Center in the Larry Bell Fitness Complex

Hours of operation:

Lap Swim:	Mon.-Fri.	6 am-9 pm
	Sat	9 am-5 pm
	Sun	2 pm-5 pm

Call for available open swim times (770) 528-8465.

Swimming Lessons Spring 2011

Session I	Feb 21-Mar 10
Session II	Mar 14- 31
Session III	Apr 11-28
Session IV	May 2-19
Saturday I	Mar 5-Apr 9
Saturday II	Apr 16-May 21

Swim lesson registration for Cobb County Residents will be held at 9:00 am on February 12th, 2011.

Non-Cobb resident's registration begins at 9:00 am on February 14th

Mountain View Aquatic Center

Located at 2650 Gordy Parkway in East Cobb

Hours of operation:

Lap Swim:	Mon.-Fri.	6 am-9 pm
	Sat	9 am-5 pm
	Sun	2 pm-5 pm

Call for available open swim times (770) 509-4925.

Swimming Lessons Spring 2010

Session I	Feb 21-Mar 10
Session II	Mar 14-31
Session III	Apr 11-Apr 28
Saturday I	Feb 19-Mar 26
Saturday II	Apr 2-May 14

Swim lesson registration for Cobb County Residents will be held at 2:00 pm on February 13th, 2011.

Non-Cobb resident's registration begins at 2:00 pm on February 14th

West Cobb Aquatic Center

Located at 3675 Macland Road in Powder Springs

Hours of operation:

Lap Swim:	Mon.-Fri.	6 am-9 pm
	Sat	9 am-5 pm
	Sun	2 pm-5 pm

Call for available open swim times 770-222-6700

Swimming Lessons Spring 2011

Session I	Feb 14-March 2
Session II	March 7-23
Session III	April 11-27
Session IV	May 2-18
Saturday I	Feb 19-March 26
Saturday II	Apr 9-May 14

Swim lesson registration for Cobb County Residents will be held at 2:00 pm on February 12th, 2011.

Non-Cobb resident's registration begins at 2:00 pm February 14th

South Cobb Aquatic Center

Located at 875 Six Flags Drive in Austell

Hours of Operation:

Mon – Fri	8 am – 9 pm
Sat	9 am – 5 pm
Sun	2 pm – 5 pm

Call for open swim and lap swim times 770-739-3180

Swimming Lessons Spring 2011

Session I	Feb 21-Mar 10
Session II	Mar 14- 31
Session III	Apr 11-April 28
Session IV	May 2-19
Saturday I	*Feb 19- Mar 26*
Saturday II	Apr 16-May 21

Swim lesson registration for Cobb County Residents will be held at 6:00 pm on February 11th, 2011.

Non-Cobb resident's registration begins at 9:00 am February 14th

Aquatic Center – Lessons Aquatic Center – Lessons

Adult Basics (age 15+)

This class is designed to teach adults who are uncomfortable in the water. It will teach floating and buoyancy on the stomach and back. Introducing freestyle, back crawl, introduction to deep water, and basic water safety

Fees: \$64.00 (Cobb Res) \$89.00 (Non Cobb)

Central Aquatic Center

36173	Sat	Mar 5-Apr 9	1:00-1:50 PM
36178	Sat	Apr 16-May 21	1:00-1:50 PM
36174	T/Th	Feb 22-Mar 10	8:00-8:50 PM
36175	T/Th	Mar 15-31	8:00-8:50 PM
36176	T/Th	Apr 12-28	8:00-8:50 PM
36177	T/Th	May 4-20	8:00-8:50 PM

Mountain View Aquatic Center

35926	Sat	Feb 19-Mar 26	9:30-10:20 AM
35927	Sat	Apr 2- May 14	9:30-10:20 AM

South Cobb Aquatic Center

36117	Sat	Feb 19-Mar 26	1:00- 1:50 PM
36122	Sat	Apr16- May 21	1:00- 1:50 PM
36121	M, W	Feb 21- Mar 9	6:30- 7:20 PM
36118	M, W	Mar 14-Mar 30	6:30-7:20 PM
36119	M, W	Apr 11-Apr 27	6:30-7:20 PM
36120	M, W	May 2-May 18	6:30-7:20 PM

West Cobb Aquatic Center

32979	T, Th	Feb 15-Mar 3	8:10- 9:00 PM
32980	T, Th	Apr 12-28	8:10- 9:00 PM

Adult Basics II (age 15+)

This class is designed to teach adults who have successfully completed Adult Basics 1. It will teach freestyle, back crawl, introduction to deep water, and basic water safety

Fees: \$64.00 (Cobb Res) \$89.00 (Non Cobb)

Central Aquatic Center

36181	Sat	Mar 5-Apr 9	12-12:50 PM
36182	Sat	Apr 16-May 21	12-12:50 PM

Adult Stroke Development (age 15+)

This class is for individuals who can swim at least 50 yards of freestyle without stopping and can swim backstroke and breaststroke, and who are comfortable in deep water. This class will teach increased endurance and improved stroke proficiency.

Fees: \$64.00 (Cobb Res) \$89.00 (Non Cobb)

Central Aquatic Center

36183	Sat	Mar 5-Apr 9	11:00-11:50 AM
36187	Sat	Apr 16-May 21	11:00-11:50 AM
36184	T/Th	Feb 22-Mar 10	7:00-7:50 PM
36185	T/Th	Mar 15-31	7:00-7:50 PM
36186	T/Th	Apr 12-28	7:00-7:50 PM
36188	T/Th	May 4-20	7:00-7:50 PM

Adult Advanced Stroke Development (age 15+)

This class is for individuals who have completed the Adult Stroke Development class and who are comfortable swimming laps and being in deep water. This class will build ones endurance and improve stroke proficiency.

Fees: \$64.00 (Cobb Res) \$89.00 (Non Cobb)

Central Aquatic Center

36189	Sat	Mar 5-Apr 9	10-10:50 AM
36190	Sat	Apr 16-May 21	10-10:50 AM

Parent and Child Classes: (ages 6 months – 3 years)

Parent Tot (age 6mos-18mos)

A parent or guardian accompanies infants. The instructor guides the parent in teaching water adjustment skills such as: kicking, pulling, going under water and blowing bubbles. Swim diapers are mandatory. No disposable diapers please.

Fees: \$32.00 (Cobb Res) \$57.00 (Non Cobb)

Central Aquatic Center

36239	Sat	Mar 5-Apr 9	9:00-9:30 AM
36240	Sat	Apr 16-May 21	9:00-9:30 AM

Mountain View Aquatic Center

35963	T, Th	Mar 15-31	11:00-11:30 AM
35965	T, Th	Apr 12-28	11:00-11:30 AM
35961	Sat	Feb 19-Mar 26	9:00-9:30 AM
35964	Sat	Apr 2- May 14	9:00-9:30 AM

South Cobb Aquatic Center

36155	Sat	Feb 19-Mar 26	9:00- 9:30 AM
36156	Sat	Apr 16-May 21	9:00- 9:30 AM

West Cobb Aquatic Center

33021	M, W	Feb 14-Mar 2	11:00- 11:30 AM
33022	M, W	Mar 7-23	11:00- 11:30 AM
33023	M, W	Apr 11- 27	11:00- 11:30 AM
33024	M, W	May 2- 18	11:00- 11:30 AM
33025	Sat	Feb 19-Mar 26	9:10- 9:40 AM

Parent Tot II (age 18mos-3 yrs)

A parent or guardian accompanies infants. The instructor guides the parent in teaching water adjustment skills such as: kicking, pulling, going under water and blowing bubbles. Swim diapers are mandatory. No disposable diapers please.

Fees: \$32.00 (Cobb Res) \$57.00 (Non Cobb)

South Cobb Aquatic Center

36157	Sat	Feb 19-Mar 26	9:00- 9:30 AM
36158	Sat	Apr 16-May 21	9:00- 9:30 AM

Preschool Classes (ages: 3-5 years)**Tadpole (age 3-5)**

This class is designed for the true beginner. Water adjustment skills, blowing bubbles, submerging, and water safety are taught in a playful atmosphere

Fees: \$32.00 (Cobb Res) \$57.00 (Non Cobb)

Central Aquatic Center

36252	Sat	Mar 5-Apr 9	9:45-10:15 AM
36258	Sat	Apr 16-May 21	9:45-10:15 AM
36251	T/Th	Feb 22-Mar 10	1:00-1:30 PM
36254	T/Th	Feb 22-Mar 10	5:00-5:30 PM
36253	T/Th	Mar 15-31	1:00-1:30 PM
36255	T/Th	Mar 15-31	5:00-5:30 PM
36256	T/Th	Apr 12-28	1:00-1:30 PM
36257	T/Th	Apr 12-28	5:00-5:30 PM
36260	T/Th	May 3-19	1:00-1:30 PM
36259	T/Th	May 3-19	5:00-5:30 PM

Mountain View Aquatic Center

35976	T, Th	Mar 15-31	11:45 AM -12:15 PM
35977	T, Th	Apr 12-28	11:45 AM -12:15 PM
35975	T, Th	Feb 22-Mar 10	6:30- 7:00 PM
35978	T, Th	Mar 15-31	6:30- 7:00 PM
35979	T, Th	Apr 12-28	6:30- 7:00 PM
35980	Sat	Feb 19-Mar 26	9:30-10:00 AM
35981	Sat	Apr 2- May 14	9:30-10:00 AM

South Cobb Aquatic Center

36168	Sat	Feb 19- Mar 26	9:45-10:15 AM
36170	Sat	Apr 16-May 21	9:45-10:15 AM
36166	T,Th	Feb 22-Mar 10	4:30- 5:00 PM
36167	T,Th	Mar 15-Mar 31	4:30- 5:00 PM
36169	T, Th	Apr 12-Apr 28	4:30- 5:00 PM
36165	T, Th	May 3-May 19	4:30- 5:00 PM

West Cobb Aquatic Center

33035	Sat	Feb 19-Mar 26	9:50-10:20 AM
33036	M, W	Feb 14-Mar 2	11:45 AM -12:15 PM
33037	M, W	Mar 7- 23	11:45 AM -12:15 PM
33038	M, W	Apr 11-27	11:45 AM -12:15 PM
33039	M, W	May 2-18	11:45 AM -12:15 PM
33040	T, Th	Feb 15-Mar 3	11:00 AM -11:30 AM
33041	T, Th	Mar 8-24	11:00 AM -11:30 AM
33042	T, Th	Apr 12-28	11:00 AM -11:30 AM
33043	T, Th	May 3-19	11:00 AM -11:30 AM

Minnow (age 3-5)

This class is for preschoolers who can already put their faces in the water. Kicking, stroking, gliding, floating and jumping in will be taught in a playful atmosphere.

Fees: \$32.00 (Cobb Res) \$57.00 (Non Cobb)

Central Aquatic Center

36230	Sat	Mar 5-Apr 9	10:30-11 AM
36231	Sat	Apr 16-May 21	10:30-11 AM
36235	T/Th	Feb 22-Mar 10	1:45- 2:15 PM
36229	T/Th	Feb 22-Mar 10	5:45-6:15 PM
36236	T/Th	Mar 15-31	1:45- 2:15 PM
36232	T/Th	Mar 15-31	5:45-6:15 PM
36237	T/Th	Apr 12-28	1:45- 2:15 PM
36233	T/Th	Apr 12-28	5:45-6:15 PM
36238	T/Th	May 3-19	1:45- 2:15 PM
36234	T/Th	May 3-19	5:45-6:15 PM

Mountain View Aquatic Center

35959	T, Th	Mar 15-31	12:30- 1:00 PM
35960	T, Th	Apr 12-28	12:30- 1:00 PM
35953	T, Th	Feb 22-Mar 10	7:00- 7:30 PM
35957	T, Th	Mar 15-31	7:00- 7:30 PM
35958	T, Th	Apr 12-28	7:00- 7:30 PM
35954	Sat	Feb 19-Mar 26	10:15-10:45 AM
35955	Sat	Apr 2- May 14	10:15-10:45 AM

South Cobb Aquatic Center

36150	Sat	Feb 19-Mar 26	10:30-11:00 AM
36151	Sat	Apr 16-May 21	10:30-11:00 AM
36149	T,Th	Feb 22-Mar 10	5:15- 5:45 PM
36152	T,Th	Mar 15-Mar 31	5:15- 5:45 PM
36153	T, Th	Apr 12-Apr 28	5:15- 5:45 PM
36154	T, Th	May 3-May 19	5:15-5:45 PM

West Cobb Aquatic Center

33012	M, W	Feb 14-Mar 2	12:30-1:00 PM
33013	M, W	Mar 7- 23	12:30-1:00 PM
33014	M, W	Apr 11-27	12:30-1:00 PM
33015	M, W	May 2- 18	12:30-1:00 PM
33016	T, Th	Feb 15- Mar 3	11:45 AM-12:15 PM
33017	T, Th	Mar 8- 24	11:45 AM -12:15 PM
33018	T, Th	Apr 12-28	11:45 AM -12:15 PM
33019	T, Th	May 3-19	11:45 AM-12:15 PM
33020	Sat	Feb 19-Mar 26	10:30-11:00 AM

Seals (age 3-5)

This class is designed for preschoolers who can already swim. The coordination of the flutter kick and alternating arm strokes will be taught. Rhythmic breathing, water safety, and confidence in the water will be stressed.

Fees: \$32.00 (Cobb Res) \$57.00 (Non Cobb)

Central Aquatic Center

36241	Sat	Mar 5-Apr 9	11:15-11:45AM
36242	Sat	Apr 16-May 21	11:15-11:45 AM
36243	T/Th	Feb 22-Mar 10	2:30- 3:00 PM
36244	T/Th	Feb 22-Mar 10	6:30-7:00 PM
36245	T/Th	Mar 15-31	2:30- 3:00 PM
36248	T/Th	Mar 15-31	6:30-7:00 PM
36246	T/Th	Apr 12-28	2:30- 3:00 PM
36249	T/Th	Apr 12-28	6:30-7:00 PM
36247	T/Th	May 3-19	2:30- 3:00 PM
36250	T/Th	May 3-19	6:30-7:00 PM

Mountain View Aquatic Center

35970	T, Th	Mar 15-31	1:15- 1:45 PM
35971	T, Th	Apr 12-28	1:15- 1:45 PM
35966	T, Th	Feb 22-Mar 10	6:30- 7:00 PM
35968	T, Th	Mar 15-31	6:30- 7:00 PM
35969	T, Th	Apr 12-28	6:30- 7:00 PM
35972	Sat	Feb 19-Mar 26	11:00-11:30 AM
35973	Sat	Apr 2- May 14	11:00-11:30 AM

South Cobb Aquatic Center

36161	Sat	Feb 19-Mar 26	11:15-11:45 AM
36162	Sat	Apr 16-May 21	11:15-11:45 AM
36159	T, Th	Feb 22-Mar 10	5:15- 5:45 PM
36160	T, Th	Mar 15-Mar 31	5:15- 5:45 PM
36163	T,Th	Apr 12-Apr 28	5:15- 5:45 PM
36164	T,Th	May 3-May 19	5:15- 5:45 PM

West Cobb Aquatic Center

33027	M, W	Feb 14-Mar 2	1:15- 1:45 PM
33028	M, W	Mar 7- 23	1:15- 1:45 PM
33029	M, W	Apr 11- 27	1:15- 1:45 PM
33030	M, W	May 2- 18	1:15- 1:45 PM
33031	T, Th	Feb 15- Mar 3	12:30-1:00 PM
33032	T, Th	Mar 8- 24	12:30-1:00 PM
33033	T, Th	Apr 12- 27	12:30-1:00 PM
33034	T, Th	May 3- 26	12:30-1:00 PM
33026	Sat	Feb 19-Mar 26	11:10- 11:40 AM

Learn to Swim Program - Age 5 ½ & up**Level 1 (age 5 ½ - 15)**

This class is designed for children 5 1/2 or older who have little or no swimming experience or who have a fear of the water. Basic water safety skills, placing face in the water, propulsion skills with support, and floating are taught at this level.

Fees: \$64.00 (Cobb Res) \$89.00 (Non Cobb)

Central Aquatic Center

36191	Sat	Mar 5-Apr 9	11-11:50 AM
36195	Sat	Apr 16-May 21	11-11:50 AM
36192	M/W	Feb 21-Mar 9	3:30-4:20 PM
36193	M/W	Mar 14- 30	3:30-4:20 PM
36194	M/W	Apr 11-27	3:30-4:20 PM
36196	M/W	May 2 – 18	3:30-4:20 PM
36197	T/Th	Feb 22-Mar 10	4:00-4:50 PM
36198	T/Th	Mar 15-31	4:00-4:50 PM
36199	T/Th	Apr 12-28	4:00-4:50 PM
36200	T/Th	May 3-19	4:00-4:50 PM

Mountain View Aquatic Center

35930	T, Th	Feb 22-Mar 10	4:30- 5:20 PM
35931	T, Th	Mar 15-31	4:30- 5:20 PM
35932	T, Th	Apr 12-28	4:30- 5:20 PM
35928	Sat	Feb 19-Mar 26	12:00-12:50 PM
35929	Sat	Apr 2- May 14	12:00-12:50 PM

South Cobb Aquatic Center

36123	Sat	Feb 19-Mar 26	11:00-11:50 AM
36130	Sat	Apr 16-May 21	11:00-11:50 AM
36128	M, W	Feb 21-Mar 9	4:30- 5:20 PM
36124	M, W	Mar 14-Mar 30	4:30- 5:20 PM
36125	M, W	Apr 11-Apr 27	4:30- 5:20 PM
36126	M, W	May 2-May 18	4:30- 5:20 PM

West Cobb Aquatic Center

32987	Sat	Apr 9-May 14	9:10-10:00 AM
32988	Sat	Feb 19-Mar 26	1:10- 2:00 PM
32983	M, W	Feb 14-Mar 2	6:10-7:00 PM
32984	M, W	Apr 11-27	6:10-7:00 PM
32985	T, Th	Feb 15- Mar 3	1:10-2:00 PM
32986	T, Th	Mar 12-28	1:10-2:00 PM

Level 2 (age 6-15)

This class is designed for children who are able to float and glide on their stomach and back, and are comfortable going under water. The front crawl and backstroke are introduced along with rhythmic breathing to the side.

Fees: \$64.00 (Cobb Res) \$89.00 (Non Cobb)

Central Aquatic Center

36203	Sat	Mar 5-Apr 9	12-12:50 PM
36208	Sat	Apr 16-May 21	12-12:50 PM
36201	M/W	Feb 21-Mar 9	3:30-4:20 PM
36202	M/W	Mar 14- 30	3:30-4:20 PM
36204	M/W	Apr 11-27	3:30-4:20 PM
36205	M/W	May 2-18	3:30-4:20 PM
36211	M/W	Feb 21-Mar 9	4:30-5:20 PM
36212	M/W	Mar 14-30	4:30-5:20 PM
36213	M/W	Apr 11-27	4:30-5:20 PM
36214	M/W	May 2-18	4:30-5:20 PM
36206	T/Th	Feb 22-Mar 10	4:00-4:50 PM
36207	T/Th	Mar 15-31	4:00-4:50 PM
36209	T/Th	Apr 12-28	4:00-4:50 PM
36210	T/Th	May 3-19	4:00-4:50 PM

Mountain View Aquatic Center

35935	M, W	Feb 21-Mar 9	4:30- 5:20 PM
35938	M, W	Mar 14-30	4:30- 5:20 PM
35939	M, W	Apr 11-27	4:30- 5:20 PM
35933	T, Th	Feb 22-Mar 10	4:30- 5:20 PM
35934	T, Th	Mar 15-31	4:30- 5:20 PM
35937	T, Th	Apr 12-28	4:30- 5:20 PM
35936	Sat	Feb 19-Mar 26	12:00-12:50 PM
35940	Sat	Apr 2- May 14	12:00-12:50 PM

South Cobb Aquatic Center

36137	Sat	Feb 19-Mar 26	11:00-11:50 AM
36132	Sat	Feb 19-Mar 26	12:00-12:50 PM
36142	Sat	Apr 16-May 21	11:00-11:50 AM
36134	Sat	Apr 16-May 21	12:00-12:50 PM
36138	M, W	Feb 21-Mar 9	4:30- 5:20 PM
36135	M, W	Mar 14-Mar 30	4:30- 5:20 PM
36136	M, W	Apr 11-Apr 27	4:30- 5:20 PM
36141	M, W	May 2-May 18	4:30- 5:20 PM
36143	M, W	Feb 21-Mar 9	5:30- 6:20 PM
36139	M, W	Mar 14-Mar 30	5:30- 6:20 PM
36140	M, W	Apr 11-Apr 27	5:30- 6:20 PM
36144	M, W	May 2-May 18	5:30- 6:20 PM

West Cobb Aquatic Center

32989	M, W	Mar 7- 23	6:10- 7:00 PM
32990	M, W	May 2- 18	6:10- 7:00 PM
32991	T, Th	Mar 8- 24	1:10- 2:00 PM
32992	T, Th	May 3- 19	1:10- 2:00 PM
32993	T, Th	Feb 15-Mar 3	6:10- 7:00 PM
32994	T, Th	Apr 12- 28	6:10- 7:00 PM
32995	Sat	Feb 19-Mar 26	12:10-1:00 PM
32996	Sat	Apr 9-May 14	10:10-11:00 AM

Level 3 (age 6-15)

Students must be able to swim 50 yards consisting of backstroke and front crawl with rhythmic breathing to the side. Students must be comfortable swimming in deep water without assistance. Skills taught at this level include improving front crawl and backstroke, elementary backstroke, treading water, diving, and safety skills.

Fees: \$64.00 (Cobb Res) \$89.00 (Non Cobb)

Central Aquatic Center

36217	Sat	Mar 5-Apr 9	1-1:50 PM
36218	Sat	Apr 16-May 21	1-1:50 PM
36215	M/W**	Feb 21-Mar 9	4:30-5:20 PM
36222	M/W**	Mar 14- 30	4:30-5:20 PM
36223	M/W**	Apr 11-27	4:30-5:20 PM
36224	M/W**	May 2-18	4:30-5:20 PM
(**Class is combined with Level 4)			
36216	T/Th	Feb 22-Mar 10	5:00-5:50 PM
36219	T/Th	Mar 15-31	5:00-5:50 PM
36220	T/Th	Apr 12-28	5:00-5:50 PM
36221	T/Th	May 3-19	5:00-5:50 PM

Mountain View Aquatic Center

35942	M, W	Feb 21-Mar 9	4:30- 5:20 PM
35943	M, W	Mar 14-30	4:30- 5:20 PM
35945	M, W	Apr 11-27	4:30- 5:20 PM
35941	Sat	Feb 19-Mar 26	11:00-11:50 PM
35944	Sat	Apr 2- May 14	11:00-11:50 PM

South Cobb Aquatic Center

36145	Sat	Feb 19-Mar 26	12:00-12:50 PM
36146	Sat	Apr 16-May 21	12:00-12:50 PM

West Cobb Aquatic Center

32997	M, W	Feb 14-Mar 2	7:10- 8:00 PM
32998	M, W	Apr 11- 27	7:10- 8:00 PM
32999	T, Th	Mar 8- 24	6:10- 7:00 PM
33000	T, Th	May 3- 19	6:10- 7:00 PM
33001	Sat	Apr 9- May 14	11:10-12:00 PM

Level 4 (age 6-15)

Students must be able to swim 100 yards without stopping (2 laps) including; front crawl with rhythmic breathing, back crawl, and elementary backstroke. Swimmers must be able to swim in deep water without assistance. Skills taught at this level include: improving previously learned strokes, breaststroke, sidestroke, and increased endurance

Fees: \$64.00 (Cobb Res) \$89.00 (Non Cobb)

Central Aquatic Center

36225	Sat	Mar 5-Apr 9	10-10:50 AM
36226	Sat	Apr 16-May 21	10-10:50 AM
36215	M/W**	Feb 21-Mar 9	4:30-5:20 PM
36222	M/W**	Mar 14- 30	4:30-5:20 PM
36223	M/W**	Apr 11-27	4:30-5:20 PM
36224	M/W**	May 2-18	4:30-5:20 PM

(**Class is combined with Level 3)

Level 4 continued:**Mountain View Aquatic Center**

35946	M, W	Feb 21-Mar 9	6:30- 7:20 PM
35947	M, W	Mar 14-30	6:30- 7:20 PM
35949	M, W	Apr 11-27	6:30- 7:20 PM
35948	Sat	Feb 19-Mar 26	1:00-1:50 PM
35950	Sat	Apr 2- May 14	1:00-1:50 PM

South Cobb Aquatic Center

36147	Sat	Feb 19-Mar 26	1:00PM-1:50PM
36148	Sat	Apr 16-Mar 21	1:00PM-1:50PM

West Cobb Aquatic Center

33004	M, W	Feb 14-Mar 2	8:10- 9:00 PM
33005	M, W	Apr 11- 27	8:10- 9:00 PM
33006	T, Th	Feb 15-Mar 3	7:10- 8:00 PM
33007	T, Th	Mar 12- 28	7:10- 8:00 PM
33008	Sat	Apr 9-May 14	12:10- 1:00 PM

Level 5 (age 6-15)

Student must be able to perform the following strokes: front crawl, back crawl, breaststroke, sidestroke, and elementary backstroke. This class is designed to improve these strokes and prepare students for swim team participation. This class will introduce butterfly, surface dives and springboard diving.

Fees: \$64.00 (Cobb Res) \$89.00 (Non Cobb)

Central Aquatic Center

36227	Sat	Mar 5-Apr 9	12-12:50 PM
36228	Sat	Apr 16-May 21	12-12:50 PM

Mountain View Aquatic Center

35951	Sat	Feb 19-Mar 26	1:00-1:50 PM
35952	Sat	Apr 2- May 14	1:00-1:50 PM

West Cobb Aquatic Center

33009	T, Th	Mar 8-24	8:10-9:00 PM
33010	T, Th	May 3-19	8:10-9:00 PM
33011	Sat	Apr 9- May 14	1:10- 2:00 PM

Adult Aqua-Aerobic classes:**Central Aquatic Center**

9:00 am	Mon/Wed/Fri	Aerobics
10:00 am	Mon/Wed/Fri	Seniors
5:30 pm	Mon/Wed	Aerobics

Mountain View Aquatic Center

8:00am	M/W/F	Aerobics (shallow water)
8:00am	T/TH	Aerobics (shallow water)
9:00am	M - F	Aerobics (deep water)
10:00am	M/W/F	Arthritis, AquaFit
10:00am	T/TH	Aerobics (shallow water)
11:00am	M/W/F	Adaptive & arthritis
5:30 pm	M - F	Aerobics (shallow water)

West Cobb Aquatic Center

9:00 am	Mon-Fri	Aerobic (shallow water)
9:10 am	Sat	Aerobic (shallow water)
10:00 am	M/W/F	Low Intensity (shallow)
6:00 pm	Tues	Aerobics (deep water)
6:00 pm	Thu	Aerobics (deep water)
7:00 pm	M/W	Aerobics (shallow water)
11:10am	M/W/F	Low Intensity (shallow)

South Cobb Aquatic Center

9:00am	Mon-Fri	Shallow Water
6:00pm	Mon-Thurs	Shallow Water

Aqua-Aerobic Fees:

Adults	\$3.50 per class (10-visit pass \$35.00)
Seniors	\$2 per class (10-visit pass \$20.00)

Shallow Water:

Low impact, mid to high intensity to get blood flowing. A good aerobic workout with muscle toning

Deep Water:

Enjoy a deep water workout that has no impact on the joints, yet high intensity to burn calories...very cardiovascular...add a little body sculpting and you have a total body workout.

Competitive Diving:

The Central Aquatic Center and West Cobb Aquatic Center host a USA competitive diving team.

For more information contact Bill Humber, Metro Atlanta Diving at 770-528-8465.

Competitive Swimming:

Cobb County Aquatic Facilities host several USA competitive swim teams.

Chattahoochee Gold	770-928-1506
Kennesaw Tidal Wave	770-499-3296
Marietta Marlins	678-899-6888
Stingrays	770-428-3425

Additional Programs

Lifeguard Training - Class is designed to certify individuals in lifesaving, standard first aid and CPRO (CPR for the professional rescuer).

Cardio Pulmonary Resuscitation – Class is designed to certify individuals in the American Red Cross CPRO class

Water Safety Instructor – Class is designed to certify individuals to teach American Red Cross swimming lessons.

Central Aquatic Center	770/528-8465
Mountain View Aquatic Center	770/509-4925
West Cobb Aquatic Center	770/222-6700
South Cobb Aquatic Center	770/739-3180

Call for facilities for dates

**Cobb Aquatics
Indoor Facilities
ADMISSION FEES**

	Adult Cobb	Youth Cobb	Senior Cobb
Daily	\$3.30	\$ 2.36	\$ 2
10 Visit	\$25	\$14.50	\$13
Monthly*	\$27.50	\$20.00	\$18
Quarterly*	\$75	\$44	\$40
Annual*	\$198	\$136	\$124

A 6% tax will be applied to all admission fees and passes

Family Passes	
Size	3 months
4	\$100
5	\$110
6 +	\$120

*(Non-Cobb resident fee is double the pass price w/ a \$25 max)